

Baked Parmesan Fish

Makes: 4 Servings

Ingredients

1/3 cup parmesan cheese, non-fat (grated)
1 teaspoon flour, all-purpose
3 thyme sprigs (leaves removed and crushed)
4 fish fillets (white fish, 6 ounces each)
1 medium onion (chopped)
1 cup halved mushroom caps
1/2 cup green onions (finely sliced)
1 cloves garlic (crushed)

Directions

1) Preheat oven to 350°F. Place cheese, flour and thyme in paper bag.

2) Individually coat fish by gently shaking in bag; discard coating ingredients.

3) Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork.

4) Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.

5) Serve baked fish topped with mushroom mixture.

Notes

- Atlantic cod fillets used in nutrition analysis.
- Suggest serving over pasta or rice.